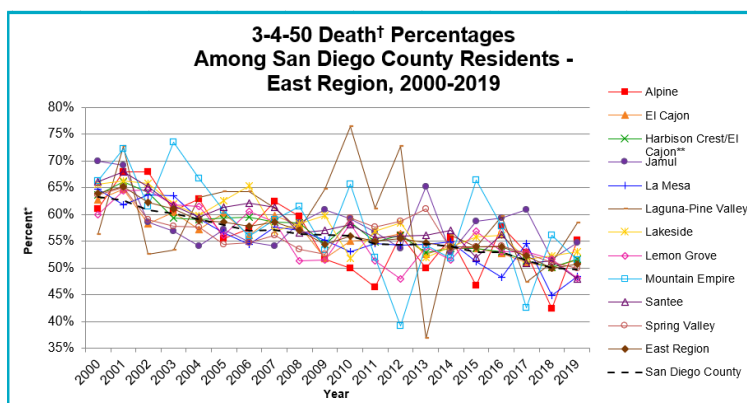


3-4-50: Chronic Disease Deaths in San Diego County—East Region, 2000-2019

3 Behaviors
 poor diet, tobacco use, and
 physical inactivity
 ↓ *contribute to*
4 Chronic Diseases
 cancer, heart disease & stroke,
 type II diabetes, and lung disease
 ↓ *that result in over*
50 Percent
 of all deaths worldwide

Figure 1: 3-4-50 Death Percentages



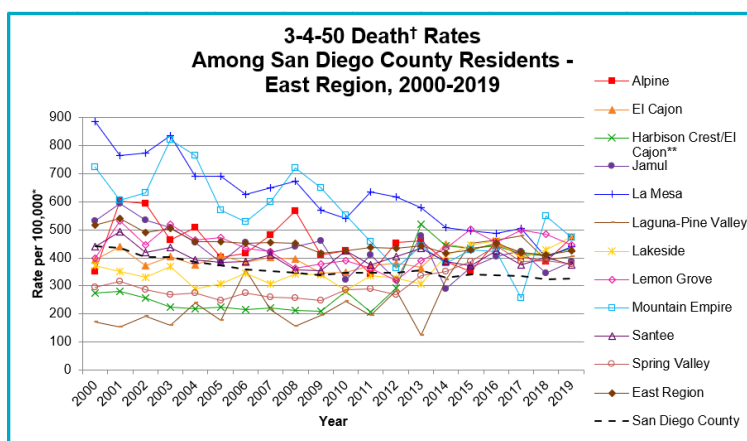
What is 3-4-50?

Three-four-fifty refers to three behaviors that contribute to four chronic diseases and result in 50% or more deaths worldwide. These chronic diseases are potentially preventable through modifying diet, physical activity, and smoking behaviors. In San Diego County 50% of all deaths are due to these four chronic diseases.

3-4-50 in San Diego County—East Region

- From 2000 to 2019, the overall percent of all deaths due to chronic disease decreased in the East Region and its Subregional Areas (SRAs), with the exception of Laguna-Pine Valley, even though the number of all cause deaths have increased (Figure 1).
- From 2000 to 2019 chronic disease death rates have decreased in the East Region and its SRAs with the exception of the Alpine, El Cajon, Harbison Crest/El Cajon, Laguna-Pine Valley, Lakeside, Lemon Grove, and Spring Valley SRAs, where the rates have increased (Figure 2).
- Among the East Region SRAs, Alpine and Jamul had the highest percentage of deaths due to chronic disease in 2019.
- Among the East Region SRAs, Lakeside had the highest chronic disease death rate in 2019.
- Despite a decrease, chronic diseases still account for 51% of all deaths in the East Region.

Figure 2: 3-4-50 Death Rates



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
 *3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.



QR CODES:

QR codes are similar to barcodes. Use your smartphone to scan the QR Code and navigate directly to the report online for download. Download a free QR code reader from your app provider.

For more information and data, go to
www.SDHealthStatistics.com

What does 3-4-50 look like in East Region?

**In East Region,
3-4-50 is actually 3-4-51**

**In San Diego County,
3-4-50 is actually 3-4-50**

3 BEHAVIORS

TOBACCO USE

- In 2019, 1 in 9 East Region adults were current smokers.

LACK OF PHYSICAL ACTIVITY*~

- In 2019, nearly 2 in 5 East Region children spent 5 or more hours on sedentary activities on typical weekend days.

POOR NUTRITION*

- In 2019, 83.8% of East Region children ate less than 5 servings of fruits/vegetables daily.

TOBACCO USE

- In 2019, nearly 1 in 14 San Diego County adults were current smokers.

LACK OF PHYSICAL ACTIVITY~

- In 2019, over 1 in 3 San Diego County children spent 5 or more hours on sedentary activities on typical weekend days.

POOR NUTRITION

- In 2019, 62.1% of San Diego County Children ate less than 5 servings of fruits/vegetables daily.

4 CHRONIC DISEASES

CANCER

- In 2019, cancer was the leading cause of death in East Region.

HEART DISEASE & STROKE

- In 2019, 6.3% of East Region adults had ever been diagnosed with heart disease.

DIABETES

- In 2019, 1 in 9 East Region adults had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2019, just over 1 in 6 East Region residents had ever been diagnosed with asthma.

CANCER

- In 2019, cancer was the leading cause of death in San Diego County.

HEART DISEASE & STROKE

- In 2019, 6.2% of San Diego County adults had ever been diagnosed with heart disease.

DIABETES

- In 2019, just over 1 in 11 San Diego County adults had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2019, nearly 1 in 6 San Diego County residents had ever been diagnosed with asthma.

CAUSE OVER 50% OF DEATHS

In 2019, cancer, heart disease and stroke, diabetes, and lung disease caused 51% of all deaths in the East Region.

In 2019, cancer, heart disease and stroke, diabetes, and lung disease caused 50% of all deaths in San Diego County.

*Indicates a statistically unstable estimate. Proceed with caution. Estimate is included for trending purposes.

~Includes "5 to less than 8 hours" and "8 or more hours" spent on sedentary activities on typical weekend days.